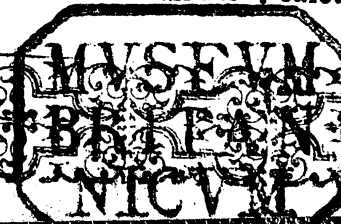


A proper new
Booke of Cookery.

Declaring what manner
of meates be best in season for
all times of the yere, and how
they ought to be dressed, &
serued at the Table, both
for fleshe dayes and
Fish dayes.
With a new addition,
very necessary for all
them that delight
in Cookery.

1575.

Imprinted at London in Fleet-
street, by William Dow
for Abraham Veale.



Another way to draw out any
Thorne, Stubbe or Iron in any
place.

Take the gall of a hogge, beane
flowers, Lavender and Bacon
grease & myngle these well togeth
and fry them well and lay the
saunt to the place greibed take
warmer use it everye day till it
be come fourth and hole.

Another way to draw out a
thorne.

Take parke of Hawthorne tree
and stampe it well in a mortar
with red wyne, and seeth it
well for a longe tyme and then
take it and laye it playster
wise to the place soe greibed as
hott, as the patient may suffer it
and it will take away the swell-
linge and ranklinge of it then
and then the thorne will come
fourth. *Amis*

Gifts to my Th
son

The Booke of cookery.

Brawne is best from a forses
night before Whelmas till Lent.
Beefe and Bacon is good all times,
the yere. Button is good at all times,
but from Easter to midsummer it is
woorst. A fat Pigge is euer in season.
A gosse is woorst in midsummer moone,
and best in stubble time, but whē they
be yonge Greene Geese, than they be
best. Teale is best in January and Fe
bryuarie and all other times good.

Lambe and young Kidde is best be-
twene Chyristmast and Lent, and good
from Easter to whitsontide. Kyd is e-
uer good. Hennes be good at all tymes
but best from November to lent. Fat
Capons be euer in season. Pecoakes
be euer good: but when they be yonge
and of a good stature, they be as good
as selantes, and so be young groncis.
Sinettes be best betwene all Wal-
lwen day and Lent. A Mallard is good
after a froste, till Candelinas, so is a
A.ii. Teale

The Booke

Teale and other wyld foule that swime
meth. A woodcocke is best from Oc-
tobze to lent, and so be all others byzdes,
as Dufels, and Thyzthes, Robins, and
such other, Vearos, Curlewes, Crane,
Wistoure, Bustarde, be at all tymes
good, but best in winter, Feasants, Pa-
triche and Raile, be euer good, but best
when they be taken with a Hauke.
Quayle and Larkes be euer in season
Connyes be euer good, but best from
Octobze to lent. A gelbed Deare whe-
ther he be fallow or red, is euer in sea-
son. A Dollard is speciall good in Maye
at midsommer he is a Buck, and very
good tyll Holy Kede daye before My-
ghelmas, so likewise in a Stagge, but he
is principall in May. A barren Doe is
best in winter. A pycket and a sozell

lyster is euer in season, chickens be
euer good and so be pigeons
if they be yonge.

Hereafter follooweth the order of meate
how they must be serued at the Table
in their saunces for fleshy dayes at dinner.

The

of Cookery.

☞ The first course.

¶ Stage or stewed broth.
Boylde meat or stewed
meate.

Chyckens and baken,

Powdered biefe.

Pies.

Cowse.

Pigge.

Rosted Beefe.

Rosted Meale.

Custarde.

☞ The second course.

Rosted Lambe.

Rosted Capons.

Rosted Connies.

Chickens.

Pheennes.

Baken Wenyson. Tarte.

☞ The seruice at Supper.

¶ Stage or Seive.

A Salette.

A pygges Petitoes.

Powderd biefe styed.

A shoulder of mutton or a brest.

A. iii.

Meale

Heale.
Lambe.
Custarde.

☞ The second course.

L Apens roasted.
Conyes roasted.
Chickins roasted.

Pigeons roasted
Larkes roasted.
A pye of Pygeons oꝝ Chickens.
Baked benison.

Tarte ☞ The seruice at Dinner.

B Katwne and mustarde.
Capons stued in whit bꝛoth.

A pottle of benison vpon bꝛues.
A chine of Beise, and a bꝛeast of Mut-
ton boyld.

Chuets of pyes of fine mutton.
Thre greene geese in a dish, sozel sauce
foꝝ a stuble gose, mustard and vineger.
After Alhalotwne day a swan.

Sauce chadell.

A Pigge.
A double ribbe of biese roasted, sauce
Pepper and vineger.

A logne

A logne of beale, oꝝ a bꝛeast : sauce D'
Halfe a lambe oꝝ kid. (renges.

Two Capons roasted: sauce wine & salt
ale and salt, except it be vpon soppes.

Two pasties of saltw bare in a dishe.

A custard.

A dishe of Leaches.

☞ The second course.

Jelly.

Pecoke. Sauce. Wine and salt.

Two conyes oꝝ halfe a dosen rabbets.

Sauce mustard and sugar.

Halfe adosen Chickens vpon Sozell
soppes.

Halfe a dosen pigeons.

Malarde.

Teale.

Gilles.

Sforke.

Veronsetw.

Crane.

Curlew.

Bittour.

Bustarde.

Feland,

Sauce, water and salte,

A iij

with

with onions sliced.
 Make a dozin woodcocks, sauce mustarde
 and sugar.
 Make a dozin partridges.
 Make a dozin rayls, Sauced as the
 Fesantes.
 A dozin of quayles.
 A dythe of Larkes.
 Two pasties of red Deere in a Dythe.
 Tarte.
 Gensbread.
 Fritters.

2^o Service for fyth dayes.

Butter
 A sallet with hard Eggs.
 Potage of sand Gles and Lampernes.
 Red bearring, greene bzyled, strawed
 vpon.
 White bearring.
 Lynge,
 Haburdyn.
 Salt Salmon minced. Sauce.
 Mustard and vineger, and a lytle
 Sugar.

Powdzed

Powdzed Conger. }
 Shadde. } Sauce Vineger.
 Mackerell.
 Whiting. Sauce with the liuer,
 and Mustard.
 Playte, Sauce, soyrell, or wine and
 salte, or mustard, or vineger.
 Thornebacke. Sauce, Lyuer, and
 Mustard, pepper, and salte strawed
 vpon, after it is bzyled.
 Freshe Cod. Sauce, Grenesauce.
 Basse.
 Gullet.
 Geles vpon soppes.
 Roche vpon soppes.
 Perche.
 Pike in pikelauce.
 Trout vpon soppes.
 Tench in gelly or in gressel. Custard.
 2^o The second course.
 Flounders or stokes in pikelauce.
 Fresh Salmon.
 Fresh Conger. }
 Bette. } Sauce, vineger.
 Turbotte.
 Holybutte.

Breme vpon soppes.
 Carpe vpon soppes.
 Soles or any other fishe fryed.
 Salted Celes. (Sauce the dripping.
 Roasted Lampurs.
 Roasted Porpos. Sauce galentine.
 Fresh Sturgeon.
 Creuyle.
 Crabbe. Sauce vineger.
 Shrimpes.
 Baked Lamprey.
 Tarte. Cheese.
 Pygges. Raylins.
 Apples. Peares.
 Almons blaunced.

To dresse a Crabbe.

First take away all the legges and
 the heades & then take all the fishe
 out of the shell, and make the shell
 as cleane as yee can, and put the meat
 into a dishe, & butter it vpon a chaffing
 dishe of coales, and put thereto Cinna-
 mon and sugar, and a litle vineger, and
 when yee haue chafed it, and seasoned
 it, then put the meate into the shell a-
 gaine

gaine, and bruse the heades, & set them
 vpon the dish stee, and serue it.

To make a stued broth for Capons, mut-
 ton, biese, or other hotte meate, and also a
 broth for all maner of freshe
 fishe.

Take halfe a handfull of rosemary
 and as much of time, and binde
 it on a bundel with threde, after
 it is washen, and put it in the pot, after
 that the pot is cleane scummed, and let
 it boyle a while, then cut soppes of
 white bread, and put them in a greate
 charger, and put on the same scaldinge
 brothe, and when it is soken inough,
 strayne it through a strainer, with a
 quantitie of wine or good ale, so that
 it be not too tart, and when it is stray-
 ned, poure it in a pette, and then put
 in your raylins and pzenes, and let
 them boyle till the meate be inough.
 If the brothe bee too swete, put in the
 more wine, or els a litle vineger.

To make Pyes.

Pyes of Mutton or biese, must be
 fine

The Booke

fine minced and seasoned with Pepper and salte, and a litle Saffron to colour it, suet or marrow a good quantytie a litle byneger, prunes, great raisings, and dates, take the fatteste of the booth of poundred bieffe, and if you will haue paste royall, take butter and yolkes of egges, & so temper the flower to make the Paste.

To bake Venison.

Take nothinge but Pepper and salte, but lette it haue ynoughe, and if the Venyson be leane, Larde it thzertgh with baker.

To roste Venison.

Roasted Venison must haue Weniger suger, and Cinnamom, and butter boyled vpon a chafingdish with coles, but the sauce may not be to tarte, and then lay the Venison vpon the sauce.

Chickens vpon soppes.

Take sozell sauce a good quantytie, and put in Cinnamom and suger, and let it boyle, and poure it vpon the soppes, and then lag on the chickens.

A pike

of Cookery.

A pike sauce for a pike, Breeme, perch, Roche, Carp, Eccles, Flookes, and all manner of Brokefish.

Take a Posy of rosemarye and time, and binde them together, and put in also a quantytie of perely not bound, and put into the Caudzon of water, salte and yest, and the hearbes, and let them boyle a pzetie while, then put in the fish and a good quantytie of butter, and let them boyle a good season, and you shall haue good Pike sauce.

For all these fishes about wyppes if they must be boyled, take sauce for them, butter, Pepper, and beniger, and boyle it vpon a chafingdish, and then lay the boyled fish vpon the disse: but for Eccles and fresh Salmon nothinge but Pepper and vineger ouer boyled. And also if you will fry them, you must take a good quantity of perely, after the fishe is fryed, put in the Persly into the fryng pan, and let it frie in the butter, and take it bp, and put it on the fried fishe, and fried playce, whitinge, and suche o-
ther

The Booke

ther fishe except Eeles, fresh Salmon,
Conger, whiche bee neuer fried, but
baken, boyled, roasted, or sodden,

☞ To make a Custard.

A Custarde the coffin must be firste
hardened in the oven, and then take a
quarte of Creame, and syue or six yol-
kes of egges, and beat them well toge-
ther: and put them into the creame, and
put in sugar & small rayns and dates,
and put into the Coffin butter, or els
marrow, but on the fishe dayes put in
butter.

☞ Hereafter followeth a new Booke
of Cokery

☞ To make cleare Ically.

Take two calves fete and a shoulder
of Meale, and set it upon the fyre in a
sayze pot with a gallon of water, and a
galon of claret wine, then let it boyle
till it be Jelly, and then take it vp, and
straine it, and put thereto Cinnamon,
ginger and suger, and a litle turnesole
to colour it after your discretion.

☞ To make a dishefull of Snow.

Take

of Cookery.

Take a pottel of sweete thick creame
and the white of viij. egges, and beate
them altogether with a spone, then put
them in your creame, and a saucer full
of rose water, and a dishe full of suger
withall, then take a stycke and make it
cleane, and then cutte it in the ende
foure square, and therewith beat all the
aforesaide things together, and ever as
it riseth, take it of, and put it into a
Collander, this done, take an apple and
set it in the middes of it, and a thicke
bush of Rosmary, and set it in the mid-
des of the platter, then cast your snowe
upon the Rosemarie, and fyll your
platter therewith. And if you haue wa-
fers, cast some in withall, & thus serue
them forth.

☞ To fry Beanes.

Take your beanes and boyle them, &
put them into a frying pan with a dish
of butter, & one or two onions, and so
let them frye till they be browne al to-
gether, then cast a litle salt upon them,
and then serue them forth.

To

The Booke

To make panpuffe.

Take the Crust of stocke frisers, and for his paste take a quantitie of ale, and a little yest and sugar, Spice and Saffron, then beat it on a chafingdishe, and put it to your flower, with the yolk of a rawe egge, so after this maner make bp your paste.

To make blewie manger.

Take a Capon and cut out the bzaune of him alieue, and parboyle the bzaune tyll the fleshe come from the bone, and then dry hym as dry as you can, in a sayze clothe, then take a payze of Cardes and carde him as small as is possible, and then take a pottell of milke and a pottell of Creame, and halfe a pounce of Rye flower, and your Carded bzaune of the Capon, and put all into a panne, and frye it all together, and set it vpon the fyze, and when it beginneth to boyle, put therto halfe a pounce of beaten sugar, and a Saucer full of rose water, and so let it boyle tyll it be very thicke, then put it into a char,

of Cookery.

a charger till it bee colde, and then ye may slice it as you doe Leache, and so serue it.

To make pies of greene Apples.

Take your Apples and pare them cleane, and coze the as ye wil a quince then make your coffin after this maner, take a litle sayze water, and halfe a dishe of butter, and a litle Saffron, and set all this vpon a chafindishe, tyll it bee hote, than temper your flower with this sayd licour, and the white of two egges, & also make your coffin and season your Apples with Cinamon, Ginger and Sugar inough. Then put them into your coffin, and laye halfe a dish of butter aboue them, and so close your coffin, and bake them.

To bake Chickins in like paste.

Take ybur chickens & season the with a litle yinger & salt, and so put the into your coffin, & so put in them barberies grapes, or goseberies, & halfe a dish of butter, so close them bp, & set the in the oven, & when they are baken, take the
25 yolkes

yolkes of bi. egges, and a dishful of ber-
 iuyce, and draine them thzough a strai-
 ner, and let them vpon a chafinedyshe,
 then draine your baken chickens, and put
 thereto this so: sayd egges and beruiyce
 and thus serue them botte.

To bake pigeons in short paste as you
 maket o your baken Apples.

Season your Pigeons with Pepper,
 Saffron, Cloues and Pace, with ber-
 iuyce and salt, then put them into your
 paste, and so close them vp, and bake
 them, they will bake in halfe an houre,
 then take them forth, and if ye thinke
 them dry, take a litle beruiyce and but-
 ter, and put to them, and so serue them.

To make Vautes.

Take the kidney of Aleale, and par-
 boyle it till it be tender, then take and
 chop it small with the yolkes of three
 or fouer Egges, than season it with
 dates small cut, small raylins, ginger,
 Sugar, Cinnamon, saffron, and a litle
 salt, and for the paste to lay it in, take a
 dozen of Egges both the white and the
 yolkes

yolkes, and beate them well altogether
 then take butter and put into a frynge
 pan, and frye them as thinne as a Pan-
 cake, then lay your stoffe therin, and so
 frye them together in a panne, and cast
 suger and ginger vpon it, and so serue it
 forth.

To make Pescoddes.

Take marrow bones, and pull the
 marrowe oute of them, and cut it in
 two partes, then season it with Sugar,
 cinnamon, ginger, and a litle salte, and
 make your paste as fine as ye can, and
 as thort and thine as ye can, then frye
 them in swete suet, and cast vpon them
 a litle Cinnamon and Ginger, and so
 serue them at the Table.

To make stockfishes.

Take the same stuffe that you take to
 a haub, and that same paste ye take to
 Pescodes, and ye may frye them o: els
 bake them.

To sewe Trypes.

Take a pinte of claret wine, and set
 it vpon the fire, and cut your Trypes
 in small

in small peces, and thereto put in a good quantity of Cinnamon and ginger, and also a sliced Onion of thwaine, and so let them boyle halfe an houre, & then serue them vpon toppes.

To make a pyc of Aloes.

Take a leg of Button, and cut it in thin slices, and so; Ruffinge of the same take persely, fennel, and sauerie, and chop them small, then temper amonge them three or foure yolkes of hard eggs chopte small, and small raisins, dates, cut with mace, and a litle salt, then lay all these in the stekes, and then rolle them together, & this done make your pyc, and lay all these therein, then season them with a litle suger and cinnamon, saffron, and salte, then cast vpon them the yolkes of three or foure hard egges, and with dates with small raisins, so close your pyc, and bake him. When so; a Syzop for it take tosted bread, and a litle claret wine, and strain them thyn together, and put therin white suger, Sinnamon, and Ginger, and put it into your pyc, and

then

then

then serue it forth.

To make short paste for a Tare.

Take fine flower, a litle faire water, & a dish of swete butter, & a litle saffron, and the yolkes of two egges, & make it thin and as tender as ye may.

To make a tart of Beanes.

Take beanes and boyle them tender in faire water, then take them out and breake them in a moztar, and straine them with the yolkes of foure egges, curde made of milke, then season it by with Sugar and halfe a dish of butter, and a litle cinnamon, and bake it.

To make a tart of Goseberies.

Take Goseberies and parboyle them in white wine, claret or ale, and boyle withall a litle white bread, then take them by and draine them throughte a strayner as thicke as you can, with the yolkes of foure egges, then season it by with Sugar, halfe a dish of butter, & bake it.

To make a tart of Medlars.

Take medlars when they be rotten, &

bake

The Booke

beye them with the yolkes of.iii. Eg-
ges, then seale it vp with finger and cin-
nabar and sweete butter, and so bake it.

To make a Tart of Damsons.
Take Damsons and boyle them in
wine, eyther red or claret, and put ther-

to a dozin of pearces, or els white bread

to make them stiffe withall, then beat

them vp with the yolkes of six Egges,

and sweete butter, and so bake it.

To make a Tart of Bourage
Flowers.

Take Bourage flowers and parboyle

them tender, then strayne them with

the yolkes of thre or foure egges and

sweete turbes, or els take thre or fouer

ripples and parboyle withall, and strain

them with sweete butter, and a little

saffron, and so bake it.

To make a Tart of Marigoldes,
Take the same flowers to anery of the

that you use to the Tart of Bourage

and the same seasoning.

To make a Tart of Strawberies.
Take

of Cookery.

Take and strain them with the yolke
of foure Egges, and a little white bread
grated, then season it vp with Sugar,
and sweete butter, and so bake it.

To make a Tart of Cherries.

Take all thinge that ye do to the Tart
of damsons, so y^e ye put no peres thereto.

To make a Tart of Spinage.

Take Spinage and parboyle it tender,
then take it vp, and wring out y^e water
cleane, and chop it very small, and set it
vpon the fire with sweete butter in a
frying pan, and senon it, and set it in a
platter to coole, than fill vp your Tarte
and so bake it.

To make a Tart of Cheefe.

Take harde Chese and cut it in slices,
and pare it, then lay it in sayze water,
or in swete mylke, the space of thre
houres, then take it vp, and break it in
a morter till it be small, then beat it vp
through a strainer, with the yolkes of
six egges, and season it vp with Sugar
and sweete butter, and so bake it.

To make a stewe after the guise of
B.iii. beyonde

beyond the Sea.

Take a pottle of faire water, and as much wine, and a brest of mutton chopt in pieces, then set it on the fier, and scum it cleane, and put thereto a dishe full of sliced oynions, and a quantity of Cinna-
mon, ginger, cloues, and mace, with salt and strewe them altogether, and then serue them with soppes.

☞ To make egges in mone shine.

Take a dishe of rose water, and a dishe full of suger, and set them vpon a chafingdish, and let the boile, then take the yolkes of 8. or 9. egges newlaid, and put them therto, euery one from other, and so let them harden a little, and so after this maner serue them sozth, and cast a little Cinnamon and suger.

To make an Appelmoise.

Take a dosen apples, and either roste or boyle them, and drawe them thorow a Stayner, and the yolkes of three or foure egges withall, and as ye straine them, temper them with three or foure sponesfull of damaske water,
if ye

if ye will, then take and season it with suger and halfe a dish of swete butter, & boyle the vpo a chafingdish in a plater, & cast biscuits or cinnamon and Ginger, vpon them, and so serue them sozth.

☞ To fry tripes.

Take your tripes, and cut them in smal pieces, and put them into a pan, and put therto an oynion or two, and a dishe of swete buter, and let them fry till they be brown, and then take the out & set them vpon a chafingdish, and put therto a little beruice and ginger, and serue it.

☞ To make a tart of Prunes.

Take Prunes and set them vpon a chafin with a litle red wine, and put therto a manchet and let them boyle together then draw them thow a strainer, with the yolkes of .iiii. egges, and season it with suger, and so bake it.

☞ To make a couer Tarte after the Frenche fashion.

Take a pint of creme and 5 yolkes of .x. eggs, and beat them altogether, and put therto halfe a dish of swete butter, and suger

suger, and boyl them till they be thicke, then take them vp and coole them in a platter, and make a couple of cakes of fine paste, and lay your stufte in one of them, and couer it with the other, and cut the vent above, and so bake it.

¶ To stew Capon in whitebroth.

Take foure oz .v. biese bones to make your broth, then take them out when they are sodden, & strain y^e broth into another pot, the put in your capons whole with rosemary, & put them into the pot and let them stew, and after they haue boyled a while, put in whole mace bound in a white cloth, and a hen full oz twain of whole persly, and whole prunes, & let them boile well, and at the takinge vp, put to a litle veriuice & salt, & so straw the vpon toppes, and the marrow bones about, and the marrow laide hole about them, and so serue them forth.

¶ For Gussie, that may be an other potage.

Take the broth of the same Capons, and put it in a faire chafer, then take a dosen oz sixteen egges, and stee them all toge.

together white and all, then grate a farthing white lose as small as ye can, and mince it with the egges altogether, and put thereto salte, and a good quantitie of Saffron, and oz ye put in your egges, put into your broth time, Sauerie, marjerom, and peregely small chopped, and when ye are ready to your dinner, set the chafer vpon the fier with the broth, and let it boyle a litle, and put in your egges, and stee it vp well for quailing the lesse. The lesse boyling it hath, the more tender it will be, and then serue it forth two oz thre slices vpon a dish.

¶ To make a white brothe.

Take a necke of Putton and saye water, and set it vpon the fire, and scum it cleane, and let it boyle halfe a waye, then take forth of the broth two ladles full, and pite it in a platter, then chop two handfulls of persly not to small, and let it boyle with the Putton, then take twelue Egges, and the sayde two ladles full of broth and veriuice, & strain them

The Booke

them altogether, then season your broth with salt, and a little before you go to dinner, put all these to your Mutton, and steepe it well for quaryng, and serue it forth with soppes.

¶ And other broth with long wortcs.

Take mutton and saye water, and let them boile vpon the fire, and then take lettuce or spinege, and put thereto, and if ye list to boyle therewith two or three chickens, and put thereto salt & berriuge after your discreation and serue them forth, the flesh vnder, the herbes aboue.

¶ To make a fray at night.

Take chickens hedcs, liuers, gylernes, winges and fete, chop them in peeces, of halfe an inch long, and boyle them altogether, and when the broth is almoste soden away, chop a little parcelly and put thereto with berriuge, and halfe a dishe of butter, and so let them boyle, and let it be fart inough, and serue it in.

To make Sewes.

Take a rumpe of Biese, and let it boyle an houre or two, and put thereto
agreat

of Cookery.

a great quantitie of Colewortes, and let them boyle together three houres, then put to the a couple of Cocke Doves or teales, Feland, patriche, or such other wild foules, and let the boyle all together, then season them with Salte, and serue them forth.

To make Porraic

Take a capon or a hen, and either bief or Mutton to make the broth swete withall, and boyle them all together till they be very tender, then take the capon or Hen out of the pot & take out all his bones, and Bray him in a morter, with ii. pounde of Almondes ouer blanched, then with the broth of your Capon or Hen straine them metely thick, the put it in a little pottle, and season it with a little Sugar, Sanders, Cloues, Mace, and small raisins, so boyle him and serue him vpon soppes.

10 ¶ To stew bones or gristles of Biese.

Take gristles of biese, and stew them as tender as ye can, sixe houres so that there be no broth lesse that shall serue you

The Booke

you at that tyme, than put a good bundle of rosemary in a large linnen cloth and a good quantite of Mace in another cloth, and boyle them altogether, then wringe out the iuyce of the Rosemary and mace, vpon the flesh and season it with salt, and so serue him.

¶ For to steeue Mutton.

Take a necke of Mutton and a brest to make the broth stronge, and then scum it cleane, and when it hath boyled a while, take part of the broth, and put it into another pot, and put thereto a pound of raisins, and let them boyle till they be tender, then strayne a little bread with the Raisins and the broth all together, then chop time, fennel, and Parsley with other small hearbes, and put into the Mutton, then put in the strained Raisins with whole prunes, cloues and mace, Pepper, Saffron and a little salt, and if ye list, ye may add a Chicken withall, or els sparrowes, or such other little byrdes.

¶ To steeue Steeces of Mutton.

of Cookery.

Take a legge of Mutton, and cut it in small slices, and put it in a chaser, and put thereto a pottell of ale: and scum it cleane, then put thereto. vii. oz. viii. or more thinne sliced, and after they haue boyled one houre put thereto a dishe of swete butter, and so let them boyle till they be tender, and then put thereto a little Pepper and salt.

¶ For to make wardens in conferue.

First make the syrope in this wise, take a quarte of good Rumney, and put a pint of clarified honye, a pounce or a halfe of Sugar, and mingle all those together ouer the fire till tyme they sethe and then set it to coole. And this is a good Syrup for manye thinges, and will be kept for a yeare or two. Then take thy Warden and scrape cleane awaye the barke, but pare them not, and seth them in good redde Wyne, so that they be well soaked and tender that the Wine be neare hand, soaked into them, then take and strayne them throughe a cloth

The Booke . .

a clothe, or through a strainer into a
bessell, then put to them of this syrope
as before sayde till it be almost filled, and
then cast in the pouders, as fine caney,
Cinnamon, Powder of Ginger, and
sughe, and put it in bores, and kepe it if
thou wilt, and make thy syrope as thou
wilt worke in quantitie, as if thou
wilt worke twenty wardens
or more, or lesse, as by
experience.

FINIS.

